

What I Claim Is:

1. 1. A clip for securing a strand, having a width, to a surface, comprising:
 2. a block having a length, width, depth, a first end, and a second end, and
 3. a slot cut through said block lengthwise from said first end to a point close to said
 4. second end, said slot having a length, a width, an open end at said first end of said block,
 5. and a closed end closer to said second end of said block, wherein said width of said slot is
 6. smaller than the width of the strand and is adapted to secure the strand passing through
 7. said slot.
1. 2. The clip of claim 1, wherein said block has a shape selected from the group consisting of:
 2. square, rectangular, triangular, any polygonal shape, circular, oval, and any curved shape.
1. 3. The clip of claim 1, wherein said block is made entirely or in part of a material selected
 2. from the group consisting of aluminum, steel, plastic, rubber, wood, and a composite
 3. material.
1. 4. The clip of claim 1, wherein said open end and said closed end have rounded edges.
1. 5. The clip of claim 2, wherein said block is generally rectangular in shape and said length
 2. of said block is about one half of an inch, said width of said block is about three eighths
 3. of an inch, said depth of said block is about one fourth of an inch, said slot has a length of
 4. about three eighths of an inch, and said slot has a width of about one thirty-seconds of an
 5. inch.
1. 6. A method for securing a strand to a surface, the method comprising the steps of:
 2. (a) threading a first end of a strand through a hole in the surface, said strand
 3. having a length and a width,

1 7. The method of claim 6, wherein said strand is a length of elastic tubing and wherein
2 said surface is a frame of a fielding practice bat.

1 8. The method of claim 6, wherein said block has a shape selected from the group consisting
2 of: square, rectangular, triangular, any polygonal shape, circular, oval, and any curved
3 shape.

1 9. The method of claim 6, wherein said block is made entirely or in part of a material
2 selected from the group consisting of aluminum, steel, plastic, rubber, wood, and a
3 composite material.

1 10. The method of claim 6, wherein said strand is selected from the group consisting of:
2 elastic tubing, cord, rope, string, yarn, rubber string, and any other long, slender, and
3 flexible strip of material.

1 11. The method of claim 8, wherein said block is generally rectangular in shape and said
2 length of said block is about one half of an inch, said width of said block is about three
3 eighths of an inch, said depth of said block is about one fourth of an inch, said slot has a

4 length of about three eighths of an inch, and said slot has a width of about one thirty-
5 seconds of an inch.

1 12. The method of claim 6, further comprising the step of:
2 (e) trimming off an excess portion of said strand that extends beyond said
3 clip, after said step (c).

1 13. The method of claim 6, further comprising the step of:
2 (e) sliding said clip along said strand until said clip contacts said surface, after
3 said step (c).

1 14. The method of claim 6, wherein said surface has a channel formed by two or more ridges,
2 and said hole in said surface is positioned in said channel, and said clip has a shape and
3 size proportioned to fit within said channel.

1 15. The method of claim 6, further comprising the steps of:
2 (e) pulling said first end of said strand taut;
3 (f) sliding said clip off of said strand; and
4 (g) releasing said first end of said strand.